

How to Get Rid of Cockroaches

Several types of cockroaches may be found in homes. They often live in unsanitary places such as sewage systems. Cockroaches eat crumbs, food scraps and food residue, and improperly stored food. Roaches can spread disease to people by carrying germs to food and preparation areas.

Steps You Can Take in Your Home

Remove all cardboard boxes, excess paper and plastic bags. Roaches often live and reproduce in and around piles of bags and boxes.

Clean dirty dishes, pots and pans and store them completely dry. Do this every evening.

Keep the kitchen clean. Using soap and water, remove all spilled foods, and oil and grease residue from countertops, appliances, walls and floors. Remember to clean inside, outside and underneath cabinets.

Clean and sanitize your home regularly. Cleaning and sanitizing removes food sources and disturbs the living patterns of cockroaches.

Vacuum regularly. Make sure to vacuum underneath and behind furniture where crumbs may be.

Store all opened food in containers with tight fitting lids or zip-locking plastic bags to keep insects out.

Remove pet food and water at night. Store pet food securely. Do not leave out pet food and water overnight.

Remove garbage daily and store outdoors in a trash can with a tight-fitting lid. The lid should be secure to prevent rodents, flies and water.

Repair any water leaks. Do not leave standing water on the floor, counters or under cabinets. Fix all leaks and moisture problems under all sinks.

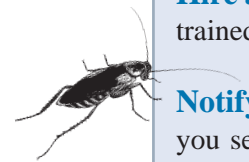
Insect-proof your home. Eliminate places where cockroaches live by caulking and sealing all cracks and crevices around cabinets, walls, plumbing fixtures, countertops and appliances.

Treatment Strategies

Try a do-it-yourself method. A combination of sticky traps, bug sprays, gel baits or growth regulators can be used to get rid of cockroaches. Always follow the manufacturer's instructions. Note that roaches can develop resistance to bug sprays.

Hire a licensed pest control company. Licensed pest-control operators are trained to place pesticides properly and safely.

Notify your property manager or landlord if you live in an apartment as soon as you see cockroaches.



For questions or to request this information in an alternative format, call:

Fairfax County Health Department

Division of Environmental Health

Community Health and Safety Section

703-246-2300, TTY 703-591-6435 www.fairfaxcounty.gov/hd



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